



# HAPPY YOGA GIRONA SANT NARCÍS

AV. SANT NARCÍS, 16 17005 – GIRONA

DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
9:30 – 10:45 VINYASA IOGA	9:30 – 10:45 KUNDALINI IOGA	9:30 – 10:45 YIN IOGA	9:30 – 10:45 VINYASA IOGA	
			11:30 – 12:30 IOGA SENIORS	
		17:00 – 18:30 UNNATA IOGA AERI 1Q i 2Q – UDG	17:30 – 18:45 IOGA RESTAURATIU	17:15 – 18:30 IOGA AERI
18:30 – 19:45 VINYASA IOGA	18:00 – 19:15 YIN YOGA	18:30 – 19:45 ASHTANGA IOGA	19:00 – 20:15 HATHA IOGA	18:30 – 19:45 HATHA IOGA
20:00 – 22:00 UNNATA IOGA AERI 1Q i 2Q – UDG		19:00 – 20:30 SLOW IOGA	19:30 – 20:45 KHATVA IOGA RESTAURATIU	

Grups inclosos a la tarifa plana



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